

PROGRESS STARTS WITH

HONEST TRACKING

This tracker is designed to help you notice patterns, improve consistency, and make informed choices without perfection or judgment.

YOUR DAILY FOCUS

Protein first
Track every bite and drink
Be honest, consistent, and curious

NEED MORE SUPPORT?

Check out Accountability Coaching for practical guidance, education, and ongoing support.

myrevivecoach.com

Revive

Infusion & Injection Services



Replenish-Refuel-Restore
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Hollidaysburg, Pennsylvania

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7-DAY

PROTEIN FIRST

FOOD & WATER TRACKER

Track every bite. Prioritize protein. Stay hydrated.
 Build awareness.

DAILY MINIMUM GOALS

WOMEN: 100 g protein | 1,200 calories

MEN: 120 g protein | 2,000 calories

HYDRATION: 8 drinks every day

NAME: _____

START DATE: _____

Small daily choices create lasting change.

Protein First!

DATE: _____

EVERY BITE

TIME

NOTES

HYDRATION

Check one box for each drink

☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8

Write it down as you go. Awareness comes before change.

Protein First!

DATE: _____

EVERY BITE

TIME

NOTES

HYDRATION

Check one box for each drink

☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8

Write it down as you go. Awareness comes before change.

Protein First!

DATE: _____

TIME

Check one box for each drink

1 2 3 4 5 6 7 8

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EVERY BITE

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NOTES

HYDRATION

Check one box for each drink

1 2 3 4 5 6 7 8

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WEEKLY REFLECTION

Review the week honestly, without judgment.

WEEK OF: _____

HOW MANY DAYS DID I MEET MY GOALS?

Protein ____ / 7 **Calories** ____ / 7 **Water** ____ / 7

Protein	/ 7	Calories	/ 7	Water	/ 7
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Calories / 7 Water / 7

Water 17

What went well this week?

Where did I struggle or notice a pattern?

What helped me stay consistent?

What is one change I will focus on next week?

What support or guidance do I need?

MY NEXT-WEEK COMMITMENT

Progress comes from awareness, not perfection.